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DECOR TAKES SHAPE
BIG ON CURVES, BOLD ON FLORALS {page 23}

ENGAGED? TIMBERLAKE POPS QUESTION TO BIEL: REPORTS {page 20}

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Mercury sets record

Temperature in Calgary to remain relatively warm in days ahead ◐ Wind gusts fan rural forest fires, damaging at least three homes and forcing dozens to evacuate

JEREMY NOLAIS
@METRONEWS.CA

While some Calgarians took time to bask in the sun during a record-setting heat wave Wednesday, others contended with heavy winds wreaking havoc both in and out of the city.

By mid-afternoon, Environment Canada reported the mercury had risen to 15.2 C at the Calgary International Airport, toppling a 98-year-old record for highest temperature on the day by three degrees.

"I love being back outside," said local resident Darren Kanwischer, who was found running along Memorial Drive. "(The warm weather) makes it an easy decision."

Later in the day, however, gusts of wind measuring up 100 kilometres per hour began tearing siding off homes and spilling debris onto public roads.

The Calgary Emergency Management Agency took over preparations shortly before 4 p.m. in advance of what were expected to be even stronger gusts late last night.

"We want to be really conscious of the fact that it's all about public safety," said agency head and city fire chief Bruce Burrell. "We want to make sure that people are aware, take care and we will be instituting closures in areas where there are safety hazards."

WITH FILES FROM KATIE TURNER

Injured worker

- **Dislodged debris.** As of late last night, crews reported just one individual, a construction worker, had been injured by debris dislodged by high winds.
- **High-temperature records.** Eleven Alberta municipalities outside of Calgary also set high-temperature records Wednesday and seven others were within a degree of their own marks.
- **Seeing more snow.** Despite recent warmth, Environment Canada reports Calgary has still seen 50 per cent more snow this winter compared to the same time period last year.

KATIE TURNER/METRO

▶ Amanda Sutherland and Darren Kanwischer said they would normally be on a treadmill at this time of year but decided to take advantage of the warm temperature Wednesday with a jog along Memorial Drive.

Telus Spark

Popular with the people

◐ City's new science centre sees an influx of visitors ◐ But some are unhappy with cost of getting in {page 3}

The gift of giving

Drop-In Centre client has his wish fulfilled {page 6}

N.S. bishop walks free

Raymond Lahey was caught at the Ottawa airport with child pornography {page 7}

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Boy, 12, charged with sex assaults

JEREMY NOLAIS
@METRONEWS.CA

Police say a 12-year-old boy sexually assaulted three other kids aged six and younger in a Calgary home late Tuesday.

The incident is said to have taken place in the southwest quadrant of the city, but few other details are being released.

"The victims and the suspect are all known to each other," said police Insp. Keith Cain, who added they all lived in the home.

The accused has been charged with three counts each of sexual assault and sexual interference.

He cannot be named under provisions of the Youth Criminal Justice Act.

It is unclear whether the alleged victims suffered any major injuries.

Foothills workers in bio scare

Fire crews responded to a call at the Foothills Hospital Wednesday after reports of a hazardous spill.

Later, the Calgary Fire Department discovered two hospital employees had been exposed to a biohazard.

They were eventually found to be OK.

METRO

METRO CALGARY FILE PHOTO

▶ Attendance at Telus Spark has exceeded the science centre's expectations.

New science centre is really sparking

- Telus Spark sees thousands of visitors in its first months of opening
- But some families aren't sure high admission costs are worth it

DANI FINCH
CALGARY@METRONEWS.CA

Despite some people's concern over high admission prices, Calgary's new science centre has seen five times the number of visitors than the old centre had at the same time last year.

More than 80,000 visitors have trouped in since the new facility opened on Oct. 29, 2011, said Megan Douglas, director of marketing at Telus Spark

"There's been a lot of excitement and pent-up celebration waiting for the centre to arrive, and a lot of curiosity," said Douglas.

Though people are curious as to what the new centre brings, the cost still leaves some visitors skeptical.

Val Sandum and her family of five visited the centre for the first time Wednesday and it cost them $83.

She said she's not sure it was worth it.

"When there's an exhibit, maybe, but today, when there's no exhibit, it's just basically what was in the old centre," she said.

According to Douglas, admission prices aren't keeping people away.

She said attendance so far has exceeded the centre's expectations.

"We're confident where we're headed is the right direction," she said.

Telus triumph

1. Between Oct. 29, 2010, and Dec. 31, 2010, the science centre had 16,000 visitors.
2. A total of 10,000 people have bought memberships at the centre since it opened.
3. Adult admission to Telus Spark is $19.95

1 news

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JEREMY NOLAIS/METRO

▶ These days, most Albertans ensure they're wearing a seatbelt behind the wheel, but police are still finding many fiddling with their cellphones.

Texting law needs all 4 one, 1 for all

Cops hope cellphone-law compliance becomes habit
Community effort helped similar seatbelt legislation

JEREMY NOLAIS
@METRONEWS.CA

Lessons can be learned from Alberta's longstanding battle with motorists to buckle up when it comes to ensuring the province's distracted-driving law sticks, suggests one proponent.

Joyce McBean-Salvador, provincial co-ordinator of the Alberta Occupant Restraint Program, said although mandatory-seatbelt legislation was introduced in 1987, compliance rates fluctuated heavily until recent years, when community members began to take matters into their own hands.

Today, violators are few and far between.

"You really need that groundswell.... There's nothing more powerful than community members standing up and saying people (driving) in our community are not going to be texting," McBean-Salvador said.

Calgary police told Metro earlier this week they have noticed motorists returning to dangerous habits behind the wheel just months after the introduction of provincial distracted-driving legislation, which bans the use of handheld devices and various other activities behind the wheel.

The Dilawri Group, which represents nine automobile dealerships in Calgary, launched their Don't TxT and Drive campaign last June.

"Because of the dangers with this, I don't think it (will) take a long time for people to change," said marketing manager Jill Petrovic.

Junk-food ban still on, but chocolate milk safe

METRO FILE

Chips, chocolate and fruit bars are out, but complaints from Calgary parents have seen one popular beverage put back on the menu at local public schools.

Starting Monday, elementary students returning to class from the holiday break will only be able to purchase items from the cafeteria or vending machine that fall into the "choose most often" category in the Alberta Health Services nutritional guide.

This would have prevented kids from drinking the ever-popular chocolate milk, but Calgary Board of Education administrators have found a new low-sugar offering after parents expressed concern about the removal, said Cathy Faber, superintendent for learning innovations.

Older students will still have access to some items from the "choose sometimes" category.

Despite concerns from a local nutritionist and some parents about other items that are no longer available, Faber said her team is moving ahead with a policy she says is three years in the making.

"All of our vendors have been notified and we will be checking to ensure full compliance," she said.

JEREMY NOLAIS

Sugar and fat

- **For the most part,** items no longer being sold in Calgary public schools carry a high sugar or fat content. A full explanation of the province's nutritional guidelines can be found at albertahealthservices.ca.
- Calgary Board of Education schools enlist services from five to six primary food vendors, but a number of schools have independent agreements with their own providers.
- Metro has also learned that some schools have taken the junk-food ban one step further, removing all vending machines, but Supt. Cathy Faber said that is an individual decision left up to principals.

Suspect sought over luring attempts

Police are seeking a suspect whom they believe attempted to lure two females on two separate occasions.

According to police, a 15-year-old girl was walking in Martindale on Dec. 29 when the suspect reportedly followed her, and tried to lure her into the vehicle.

On Jan. 2, a 31-year-old woman was approached near 39 Avenue and 26 Street Southeast. The offender allegedly approached the woman on foot, touching her hair and grabbing her buttocks.

Police said the suspect is described as driving a dark green four-door sedan and is believed to be between 30 to 40 years old, Hispanic, with wavy or frizzy black hair.

Anyone with information related to these incidents is asked to call 403-266-1234.

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Taylor to vacate mayor's chair

Alberta Party Leader Glenn Taylor will be leaving his post as the mayor of Hinton to focus on the looming provincial election, according to a statement.

Taylor was elected as leader of the fledgling party in May 2011 and said he intended to serve both the party and the community of Hinton for as long as he could.

Following the resignation of a fellow Hinton councillor in December, a byelection will be held at the end of February.

"I believe that it is in our community's best interest, both from a fiscally prudent perspective and one of transparency — as well as being a matter of personal integrity — that I tender my resignation as mayor of Hinton."

METRO

Reserve votes on election bylaw

A crime-troubled First Nation south of Edmonton was voting Wednesday on whether to give community leaders the power to evict suspected gang members.

If the referendum by the 7,000-member Samson Cree band in Hobbema passes, any 25 residents could apply to have someone legally removed from the reserve.

The plan to hold the vote was approved after the chief's five-year-old grandson was killed by a gunshot in July while sleeping in his bedroom during a drive-by shooting, but it also reflects concern about ongoing gang violence.

Samson resident Roy Louis said people are fed up with crime, but there are also concerns that such evictions would mean gang members would simply move to one of the other three reserves in the Hobbema area.

"It is fine and dandy to have a bylaw to banish some of the gang members, but it has to be in sync with the other three nations," Louis said.

"We don't want the gang members to simply cross the street to the Ermineskin First Nation or the Louis Bull First Nation or Montana First Nation."

THE CANADIAN PRESS

WishList gift allowed client to give back

All clients who made requests on Drop-In's Christmas WishList had their wishes sponsored

DANI FINCH
CALGARY@METRONEWS.CA

Though he doesn't have much to give, the Calgary Drop-In Centre client's wish this Christmas was to help out other DI clients in need.

Anthony Campbell wished for transit tickets through the DI's Christmas WishList program. However, the tickets weren't for him.

"I got two books of bus tickets, and I gave them to the co-ordinator to give to people to help them get to work," he said.

Campbell said he overheard a few guys complaining about not being able to afford train tickets to get to work, and it inspired his Christmas wish.

"I know what it's like to want something but not be able to accomplish it," he said.

This is the second year Campbell has given away his wish. Last year he wished for work boots but couldn't use them due to an injury. He gave them to another client at the DI who needed them.

According to Jordan Hamilton, manager of external relations at the DI, every client who requested an item on WishList had their wish granted.

"It shows the clients that people care, and that's the first step in breaking the cycle of homelessness," Hamilton said.

"Christmas at the DI was merry."

Wishes granted

- Over 500 clients had wishes on the DI's WishList.
- In 2010, only 83 per cent of clients' Christmas wishes were granted.
- This year, all of the clients on the WishList were sponsored.

For more local news, visit metronews.ca/calgary

DANI FINCH/FOR METRO

▶ Calgary Drop-In Centre client Anthony Campbell holds up his Christmas wish Wednesday.

Child-porn bishop freed from jail

Lahey out on probation after serving eight months in prison ◐ Gets two-for-one credit for time served

STEVE COLLINS
OTTAWA@METRONEWS.CA
METRO CANADA IN OTTAWA

A Catholic bishop caught at the Ottawa airport with hundreds of child-porn images on his laptop was released Wednesday after receiving a sentence of 15 months — only eight of which he actually served behind bars.

Raymond Lahey, 71, formerly bishop of Antigonish, N.S., pleaded guilty eight months ago to possession of child pornography for the purposes of importation and asked to begin serving his sentence immediately.

Wednesday, Justice Kent Kirkland sentenced him to 15 months, but because he got two-for-one credit for "pre-sentencing" time served, Lahey was freed. He will be on probation for two years and registered as a sex offender for 20 years.

His lawyer, Michael Edelson, had recommended the minimum one-year sentence, but said Kirkland imposed "exactly the right sentence."

The jail time, Edelson added, is just the beginning.

Prosecutors were also satisfied with the sentence. "It will serve to announce to others that harsh sentences are in place for those who commit such crimes, sentences which are also meted out to ensure the protection of our children," said Crown prosecutor David Elhadad.

Online porn helps cut abuse: Expert

The key witness in Raymond Lahey's sentencing is working on research he believes will show that sexual deviants who consume child pornography are less likely to abuse children now that child porn has gone online.

Dr. John Bradford, head of the division of forensic psychiatry of the University of Ottawa, has testified as an expert in numerous criminal trials and was a defence witness at Lahey's sentencing hearing.

His conclusion that Lahey was not a risk to children and, in fact, not a pedophile, despite possessing images and videos of children and teens, was a key part of the defence argument for a lesser sentence.

JESSICA SMITH IN OTTAWA

SEAN KILPATRICK/THE CANADIAN PRESS

▶ In this 2011 file photo, Raymond Lahey arrives at the Ottawa courthouse.

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L.A. arson suspect put on suicide watch

The German man charged with allegedly setting a string of fires across Los Angeles on New Year's weekend has been put on suicide watch, a law-enforcement official said Wednesday.

Harry Burkhart, 24, has been in custody since Monday, when he was arrested in Hollywood.

Burkhart's mother Dorothee Burkhart said in court Tuesday that her son is mentally ill.

He has refused to co-operate with investigators since his arrest on suspicion of starting dozens of car fires in and around the city that caused an estimated $3 million US in damage.

Authorities said they believe he was angry over his mother's legal troubles and went on an arson rampage a day after she made an initial court appearance last week.

Burkhart is also under investigation in his home country of Germany for a house fire north of Frankfurt days before he travelled to the U.S. in October.

The fire at the house, which belonged to the Burkhart family, has been ruled an arson, Marburg prosecutors' spokeswoman Annemarie Wied said.

Burkhart did not live in the area, but his name surfaced as a suspect after he filed an insurance claim shortly after the fire, Wied said. THE ASSOCIATED PRESS

ONSCENE.TV/THE ASSOCIATED PRESS

▶ In this still photo, taken from video released on Jan. 2 by OnScene.tv, arson suspect Harry Burkhart is arrested in the Hollywood section of Los Angeles.

Mother in trouble

- Harry Burkhart's mother, Dorothee Burkhart, is charged in Germany with 19 counts of fraud, including failing to pay for a 2004 breast-augmentation surgery and pilfering security deposits from renters.
- A Frankfurt court spokesman said Dorothee Burkhart will go on trial for the fraud charges once she is extradited.

Canadian's killing to be fully probed: Cops

Mexican police have promised a thorough investigation into the shooting death of a B.C. man during an apparent home invasion.

Police say Robin Wood, 67, of Salt Spring Island, B.C., was killed Tuesday when he stood up to two suspects who tried to rob a friend's home in Melaque, south of Puerto Vallarta.

Wood was taken to hospital after the attack, where he died of a gunshot wound. THE CANADIAN PRESS

MacKay weds girlfriend in Mexico

One of Ottawa's most eligible bachelors is now officially off the market.

Defence Minister Peter MacKay quietly married his girlfriend Nazanin Afshin-Jam at a private ceremony in Mexico on Wednesday.

He released a statement on his constituency website announcing the nuptials, which took place in front of family and friends.

"Since coming into my life, many of you have met Nazanin on her many visits to Nova Scotia. She is the most important person in my life and over the coming months, Nazanin and I look forward to spending more time at home in Central Nova and sharing our happiness with all of you," said MacKay.

Afshin-Jam, 32, is a human-rights activist and president of Stop Child Executions, which tries to draw attention to the young people who are on death row in Iran.

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Peter MacKay and Nazanin Afshin-Jam

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people for good.ca

Argentina's president recovering after surgery

NATACHA PISARENKO/THE ASSOCIATED PRESS

Cristina Fernandez

Argentina's president was awake and recovering Wednesday after a three-and-a-half-hour operation to remove her cancerous thyroid gland.

Cristina Fernandez's surgery went without complications and all her vital signs were good, her spokesman Alfredo Scoccimarro announced, prompting cheers and applause from supporters gathered outside the hospital.

Doctors had expected a routine surgery and predicted a complete cure without chemotherapy, since preoperative tests showed the cancer had not spread beyond a nodule on the right side of her thyroid gland.

Vice-President Amado Boudou was put in charge before the operation, and will remain as the country's constitutional leader for 20 more days while Fernandez takes medical leave, the president's office said

Fernandez, 58, was found to have papillary thyroid carcinoma shortly after beginning her second four-year term as Argentina's leader last month, her doctors said.

The surgery at Hospital Austral in suburban Pilar, north of the capital, was led by Dr. Pedro Saco, a veteran Argentine oncologist who specializes in cancers of the head and neck. THE ASSOCIATED PRESS

Racist U.K. killers jailed

Two white men sentenced for 1993 killing of black teenager

FAMILY HANDOUT/PA/THE ASSOCIATED PRESS

Stephen Lawrence in an undated family handout photo.

A young black man lay dying in a south London bus stop. His friend called frantically for help while a gang of white teenagers who had stabbed him ran off.

Two members of that gang were sentenced Wednesday for the 1993 murder of Stephen Lawrence, but three more remain at large.

Judge Colman Treacy Wednesday sentenced Gary Dobson to at least 15 years and two months in jail, and David Norris to at least 14 years and three months for the murder of the teenager, and urged police to continue looking for new leads in the case.

He told the men they were guilty of "a terrible and evil crime" committed out of blind hatred.

"A totally innocent 18-year-old youth on the threshold of a promising life was brutally cut down in the street in front of eye witnesses by a racist thuggish gang," Treacy said. "You were both members of that gang."

Police, who have been accused in the last two decades of incompetence and racism in the way they handled the murder inquiry, vowed Wednesday to continue to hunt for the remaining killers.

"The other people involved in the murder of Stephen Lawrence should not rest easily in their beds," said Bernard Hogan-Howe, commissioner of London's Metropolitan Police.

The saga of Lawrence's murder, and his parents' long quest for justice in the face of police indifference, has for many come to symbolize Britain's lingering racial trauma.

It has embarrassed Scotland Yard, which was found by an official inquiry to be guilty of systematic racism. And while Lawrence's family said it was pleased with the convictions, it said justice will not be served until all the killers face trial.

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Mubarak instigated killings: Prosecutor

The prosecution in the Hosni Mubarak trial said on Wednesday it has concluded that Egypt's ex-president, his security chief and six top police officers were the "actual instigators" of the killing of more than 800 protesters during last year's popular uprising.

Mubarak and his seven co-defendants are facing charges of complicity in the killings and could face the death penalty if convicted.

Wednesday's hearing coincided with the second day of voting in the third and final round of parliamentary elections that began on Nov. 28. Even before the final round, Islamists led by the Muslim Brotherhood, Egypt's largest political group, were assured a majority in the legislature.

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Outcry over abused Afghan bride raises hope

Yet some fear women's rights will erode as foreign troops withdraw from war-torn country

Just 15 years old, Sahar Gul has become the bruised and bloodied face of women's rights in Afghanistan.

According to officials in northeastern Baghlan province, Gul's in-laws kept her in a basement for six months, ripped her fingernails out, tortured her with hot irons and broke her fingers — all in an attempt to force her into prostitution. Police freed her after her uncle called authorities.

Despite guaranteed rights and progressive new laws, Afghanistan still ranks as the world's sixth-worst country for women's equality in the UN development program's annual Gender Inequality Index. Nevertheless, Afghan advocates say attitudes have subtly shifted over the years, in part thanks to the dozens of women's groups that have sprung up.

"I think there is now a sense of awareness about women's rights. People seem to be changing and seem to be talking about it." FAWZIA KOFI, HEAD AFGHAN PARLIAMENT'S WOMEN'S AFFAIRS COMMISSION

Fawzia Kofi, a lawmaker and the head of the women's affairs commission in the Afghan parliament, says the outcry over a case like Gul's probably would not have happened just a few years ago because of deep cultural taboos against airing private family conflicts and acknowledging sexual abuse — such as forcing a woman into prostitution.

Ending abuse of women is a huge challenge in a patriarchal society where traditional practices include child marriage, giving girls away to settle debts or pay for their relatives' crimes and so-called honour killings in which girls seen as disgracing their families are murdered by relatives.

And some women activists worry that their hard-won political rights may erode as foreign troops withdraw and Karzai's government seeks to negotiate with the Taliban to end their insurgency. Women's rights, they fear, may be the first to go in any deal with the hardline Islamic militants. THE ASSOCIATED PRESS

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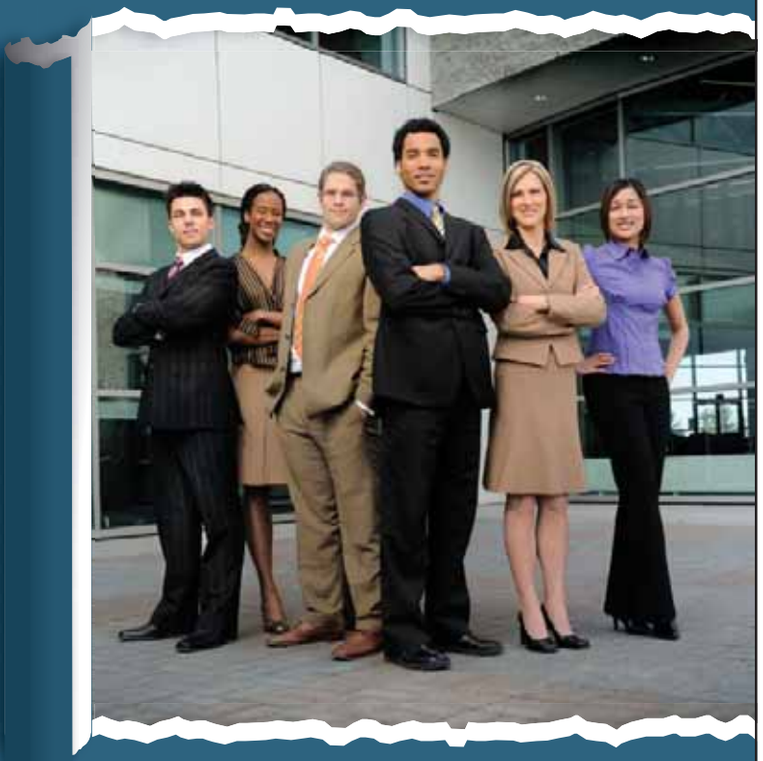

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Germany, Portugal borrow to ease crisis

- Italy and Netherlands also managed to sell debt
- Italy has $69 billion in expiring debt to auction off

Europe won some further modest respite from its debt crisis Wednesday as Germany and Portugal became the latest countries to borrow with relative ease ahead of a hazard-filled few weeks for the eurozone.

Both countries saw their borrowing costs dip at auctions, in a further sign that investors may have temporarily put some of their concerns to one side at the start of the new year in the wake of fairly buoyant U.S. economic data.

Germany, the biggest contributor in Europe's bailouts, managed to sell $5.3 billion US in its benchmark 10-year bonds Wednesday at an average yield of 1.93 per cent, down on the previous 1.98 per cent it had to pay. But demand barely covered the bonds on offer. Portugal, bailed out last April after being locked out of international markets, paid a lower interest rate to borrow $1.3 billion in three-month treasury bills.

Eurozone governments are struggling to convince financial markets that indebted governments will not default and should be able to borrow at affordable rates to repay debts. Greece, Ireland and Portugal have needed bailouts, while much larger Italy and Spain have also seen their borrowing costs rise.

Further trouble could come from a slowing eurozone economy. Many economists predict an outright recession, which would be two quarters of negative growth.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar
+ 18.04 (12,226.47)	- 0.13¢ (98.78¢ US)
OIL	**Natural gas**
+ 0.26¢ US ($103.22 US)	$3.10 (+ 10¢)
	Gold
	$1,612.70 (+ $12.20)

Next. In Line

▶ In this photo from November, Scott Thompson, then president of PayPal, speaks at the Web 2.0 Summit in San Francisco.

PAUL SAKUMA/FILE PHOTO/THE ASSOCIATED PRESS

Yahoo picks its new CEO

Yahoo Inc. has named Scott Thompson as its new CEO. The company has been without a permanent CEO since September. It fired Carol Bartz after losing patience with her attempts to turn around the company during her two-and-a-half-year tenure.

Prepare to work longer for less payoff

The deteriorating health of Canadian pensions in 2011 is likely to convince more employers to shift burdens to employees this year and force an increase in retirement ages, according to pension consulting firm Towers Watson.

The company said that low interest rates and plunging stock markets weighed heavily on defined-benefit pension plans, which guarantee a level of post-retirement income.

If pension-plan values do not recover over the long term, retirees may face lower pensions and benefits.

THE CANADIAN PRESS

16 Statistics Canada research found that a 50-year-old worker in 2008 could expect to stay in the labour force another 16 years — 3.5 years longer than in the mid-1990s.

January

5

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OF MICE AND THE MAN WHO LOVES THEM

HE SAYS ...

JOHN MAZEROLLE
METRO

I think I love the mouse in my apartment.

It's not the love between a man and a woman, exactly, because I don't know its gender. But it feels right.

It is a forbidden love, frowned upon by the world, and it is a love brought about by fate: Of all the drywall joints in all the townhouses in all the world, it chewed into mine.

And if loving something means wanting it to be free, then I'll squeak it from the rooftops — I love my mouse.

Don't misunderstand: I realize that mice are disease-ridden vermin, which is why Mickey always wore white gloves — for safety's sake.

I'm aware that it's hard to endorse a creature that has used millions of years of evolutionary knowledge to perfect the art of pooping on your counter top.

And, personally, I'm annoyed that the little guy can find enough food in my apartment to survive even though I can't seem to, no matter how many times I open the fridge.

"And, personally, I'm annoyed that the little guy can find enough food in my apartment to survive even though I can't seem to, no matter how many times I open the fridge."

But, despite all that, I must love the mouse.

Why? Because I can't deal with the alternative.

As a journalist, I often worry that I'm jaded. Cover enough accidents and murders and Vic Toews, and eventually you get so cynical you can talk like this to a stranger: "I know this is a difficult time, but how did you FEEL when your dog fell into the thresher? Oh, don't cry. Please wait until the camera gets here."

But that worry evaporated last winter. I had a mouse back then, you see.

And so I bought glue traps, because the packaging said it was "humane" and it showed a cartoon mouse looking annoyed in the glue, as if it were going to miss its dinner with Speedy, Mickey and Mighty. Why, this was going to be fun!

Well, I don't want to get too gruesome about what happened, but the Gadhafi family would have been appalled. While the mouse squeaked at the same volume as the girl being eaten at the beginning of Jaws, I frantically ran outside with him, promising freedom.

I poured water on him — that's what the packaging said to do — and watched hopefully (run little buddy!) as he stopped moving entirely. Yes, I waterboarded the mouse.

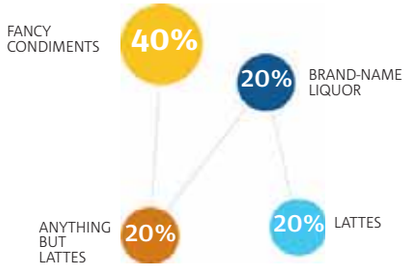
And as I stood over his lifeless body, I vowed then and there that I would only love all the helpless rodents of the world. So, as you can see, I need to love the new mouse.

And if I must kill him, I will at least talk to its family, using all my compassion and empathy. Because I know this is a difficult time.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

The UN says we're set for another volatile year in food prices. What are you willing to give up if you have to pay more for dinner?



Local tweets

- **@MissGinaL:** Loving this sun and heat in #yyc the crazy wind not so much
- **@ryantremblay:** It's seriously 14°C in #yyc on January 4th. Thats #insane.
- **@realtormom3:** What an amazing day this has been so far! Even made it out without being blown away :) #ilovemyjob #Ilovemykids #LG #yyc
- **@MikeSmiddy23:** I must have hibernated this winter. Gorgeous day! #hot #sunny #YYC
- **@gordbailey:** Calgary hits 15 degrees--city's warmest Jan. 4 since 1914... 20+ other #Alberta communities set record highs... #yyc #yycweather
- **@joanna_clarke:** I have a insta-crush on the boy at #starbucks sitting across from me #yyc #coffeecrushing
- **@adriannesovak:** if you never hear from me again it's because i ventured out into an open field and blew away in these hurricane winds #yyc is having
- **@AaronZimmy:** Is anyone else's office window shaking from the wind or should I be worried?! #yyc

NATASHA HARTH / REX FEATURES

Daily Zoom

Art attack ... by kids

Kids' stickers create artwork

QUEENSLAND, AUSTRALIA. If you want that statement-making design to jazz up your home interior, then perhaps look no further!

One artist has created a work where children can express themselves using coloured stickers. Yayoi Kusama's Obliteration Room is currently on display at the Queensland Art Gallery.

METRO WORLD NEWS

"With just one polka-dot, nothing can be achieved."

YAYOI KUSAMA'S CANDID REMARKS ON THE MEANING OF HER ART

Boring room or blank canvas

INTERACTIVE ART. Curators suggest this sterile white room is a critique of everyday life drained of colour. But at the same time they say this colourless space acts "as a blank canvas to be invigorated — or 'obliterated,' changing measurably over time as the dots accumulate as a result of thousands of collaborators."

METRO WORLD NEWS

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2 scene

Donald Trump

Mob boss widow Victoria Gotti, singer Clay Aiken and IndyCar champ Michael Andretti are on tap for the next edition of NBC's Celebrity Apprentice. Host Donald Trump announced the new batch of contenders and they also include Teresa Guidice, comedian Lisa Lampanelli, former Miss Universe Dayana Mendoza, rock star Dee Snider and America Chopper star Paul Teutul Sr.

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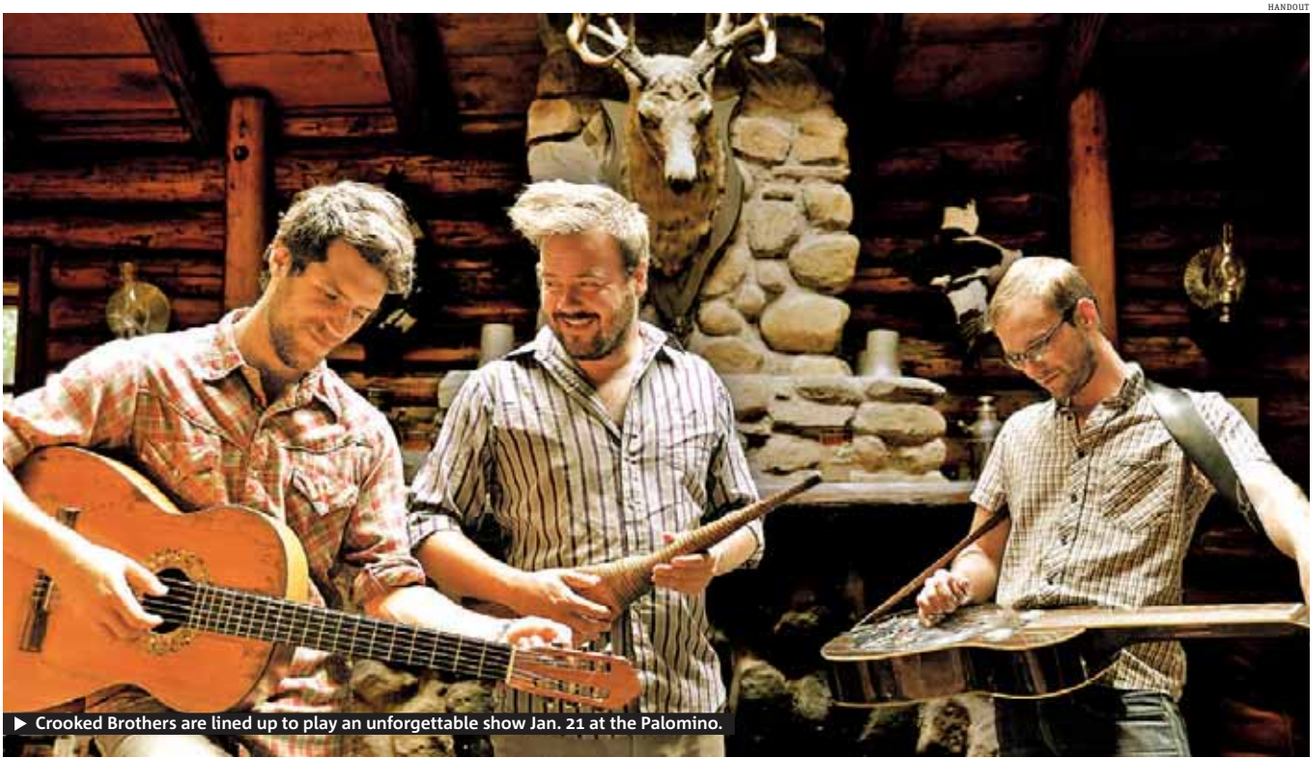

▶ Crooked Brothers are lined up to play an unforgettable show Jan. 21 at the Palomino.

Crooked band of brothers

Palomino books out-of-the-box group Crooked Brothers Check their show Jan. 21

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

As the self-proclaimed 'only honky-tonk bar in Calgary,' it should come as no surprise the Palomino booked the eclectic and eccentric band Crooked Brothers to play on Jan. 21.

The group has gained Canadian notoriety over the last few years through their unusual sound that blends banjos, mandolins, Dobros, and scrap metal pieces.

But, they aren't your typical bluegrass group. In fact, singer Matt Foster was reluctant to assign any particular genre to the group's distinct music.

He explains how the band put together the songs from their latest album Lawrence, Where's Your Knife?

"Most people listen to everything nowadays. We wanted to blur those boundaries with our music. We don't want to let ourselves get comfortable," says Foster.

It's that kind of ideology that brought the group together in the first place.

Once known for his high-energy dance music mash-ups, Foster found himself gravitating towards the ethos of punk rock.

That was the genre that would bring Foster together with his two band mates, who also have diverse musical backgrounds and interest — something they rely on to keep things fresh within Crooked Brothers.

The group recently did a show with a hip hop DJ and they aren't stopping there. In fact, this group will do whatever it takes to live their dream.

"It was never a question of could we do it — it was did we want to do it? It was a matter of get into the van and go. Our first tour had five stops. We played everything from grocery stores to bars," Foster explains.

"If you want to do it, there's always a way. I remember one time we played at various B.C. farmers' markets depending on what fruit was in season, so we could travel around getting paid in food. Don't get me wrong, I like a clean bed, but I'll sleep in a ditch if it means I get to play music."

To catch Crooked Brothers while they're in cowtown, make sure to head to the Palomino early on Jan. 21. For more information, visit crookedbrothers.com.

Slipstreaming into 2012

Bonnie Raitt prepares to release her first album in nearly seven years

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Bonnie Raitt

Bonnie Raitt is releasing a new album in 2012, her first in seven years.

Slipstream, out April 10, follows a long break from studio work for the Grammy-winning Rock and Roll Hall of Fame member. She lost her parents, her brother and her best friend.

"I hadn't stopped moving in a very long time so I really wanted to take a total break and not concentrate on making a new record or what I was going to do next," Raitt said. "So that was really valuable because I waited until I was really ready to come back."

Slipstream is the 62-year-old slide guitarist's first album since 2005's Souls Alike, and will be the first release on her own record label, Redwing Records. The 12-track album will feature four songs recorded with producer Joe Henry and his musicians, which she describes as experimental. The remainder of the album is self-produced with her touring band.

THE ASSOCIATED PRESS

NY-based grocery yanks, then restores, Alec Baldwin ads after support for actor.

The horrors of high school

My Babysitter's a Vampire comes to Canada
It's a supernatural spin on the trials of being a teen

HANDOUT

▶ The series My Babysitter's a Vampire is based on a TV movie of the same name.

Debuting in Canada this week is Teletoon's My Babysitter's a Vampire, a younger-skewing take on the monsters-meets-hormones genre also seen in the Twilight film franchise, the campy Space comedy Todd and the Book of Pure Evil, and CTV Two's The Vampire Diaries.

Toronto-bred star Matthew Knight, who plays earnest 14-year-old Ethan, says he hopes young viewers can learn a lesson or two as his show draws over-the-top parallels between the eternal battle of good and evil and the trials of growing up.

"I kind of feel like it makes kids ... feel like their (problems) are not the end of the world and they can get through it," 17-year-old Knight says of the show's weekly supernatural calamities.

The series' over-the-top hijinks — which include resurrecting dead family pets and navigating a suspicious school blood drive — are all in service of putting common teen anxieties into perspective, adds co-star Atticus Mitchell, who plays Ethan's trouble-making best friend Benny.

"You don't know what the end of the world is until you hit that bad point in your life when you're trying to get with your crush and it's like, 'Oh, I love you.' And all of a sudden — 'What? There are vampires! Zombies!'" says 18-year-old Mitchell, from Toronto.

"That's the end of the world, OK?"

The new series is based on the TV movie of the same name, which centred on the awkward Ethan, his precocious little sister Jane and his mischievous pal Benny.

In that 2010 comedy, billed as Teletoon's first original live action feature, Ethan's hopes of shedding his geek status are thwarted when his mom decides he's not mature enough to watch Jane and hires a babysitter from his school.

Ethan is mortified when it turns out to be his long-time crush Sarah, played by Vanessa Morgan, who just happens to be a newly formed vampire.

Ethan is also going through a transformation as he grapples with disturbing visions that seem to predict future events. And Benny, who learned from his Grandma that he's actually a young wizard, is struggling to cast magical spells without causing more harm than good.

"It's definitely a little bit lighter in the way that it's shot and the way the characters deal with it and just more family friendly," says Knight.

My Babysitter's a Vampire debuts Thursday on Teletoon.

THE CANADIAN PRESS

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Canada's best greasy spoons

Catucci seeks out exceptional comfort food in diners across the country on You Gotta Eat Here

THE CANADIAN PRESS

▶ Comedian John Catucci hosts You Gotta Eat Here.

As he traversed Canada to profile diners and their dishes — from deep-fried eggs benedict to pizza pie to deep-fried mac and cheese — comic John Catucci came to the realization that he couldn't gorge.

"I would die. It would be one season and then it would be like: 'Sad news in Canadian television,'" said the host of You Gotta Eat Here, debuting Friday (at 9 p.m. ET) on Food Network Canada.

"There's no doubt I've gained a few pounds, but I learned early on that I don't have to eat the whole dish, I can do a couple of bites and talk about how delicious it is.

"But there are some times when it's just so good, my elbows go up and people can't get near me."

Like the hit American series Diners, Drive-ins and Dives, You Gotta Eat Here seeks out greasy spoons and various eateries serving exceptional comfort food. "Those are the best places, where the taste is familiar but they're doing something new and they're twisting it a bit," said the Toronto-born Catucci, a founding member of the musical comedy duo The Doo Wops.

"Those are the best places, where the taste is familiar but they're doing something new"
COMEDIAN JOHN CATUCCI

Catucci also goes into the kitchens to learn how the cooks make their signature recipes.

Even talking about the food gets Catucci worked up. As he discussed the first episode, in which he visits a gourmet poutine place in Stratford, Ont., he declared: "It is killer."

Then there's the Toronto restaurant known for a hangover-cure dish named the Remedy: deep-fried poached eggs on top of pulled pork, beans, smoked cheese and potato hash.

What's more, the meals are made from scratch, largely with fresh ingredients. "I think that's one of the main pushes in the show is making sure that everything's made in-house as much as possible," said Catucci. "You can see it in the pride that the owners and the chefs have in their food." THE CANADIAN PRESS

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Tackling the tale of humans

The History channel to debut a 12-hour miniseries on mankind

A+E NETWORKS, JOE ALBLAS/THE ASSOCIATED PRESS

▶ Mankind the Story of All of Us traces the development of humans on earth.

After its successful series on the history of America in 2010, television's History channel is setting its sights even higher.

The network said Tuesday that a 12-hour miniseries, Mankind the Story of All of Us, will debut late this year. History, seen in more than 300 million homes worldwide, will offer different versions of the series in different parts of the world, the first time it has ever done that.

America the Story of Us hadn't even concluded when History executives, impressed by its ratings, began talking about what to do next, said Nancy Dubuc, the network's president and general manager.

"Rather than take a slice of the America story and do something more in depth on that, we decided to go bigger and broader," she said.

The new series starts with the Big Bang and traces the development of humans on a planet where the vast majority of species go extinct, said Jane Root, the project's executive producer.

Root described it as a "real action-adventure" project, one that encompasses astronomy, geology and other sciences along with history. The series traces the development of tools and the construction of the pyramids.

Root said the production tries to make viewers aware of what it felt like, for instance, to set sail for distant lands on a ship when the common belief was the world was flat.

Root said she was surprised to discover the amount of connections among cultures in ancient times, like when Vikings visited China and fought with people in what is now Canada, each before the time of Christopher Columbus.

"We all grow up in a place where we learn just our history," she said. "To try to bring it all together and yet still make it a real exciting story of how humans made it is a real challenge."

Air dates have not been set for the series, which will stretch over six days, but it will be within the last three months of 2012, the network said. THE ASSOCIATED PRESS

Ratings giant

▶ The America miniseries was the most-watched special ever on History, with 5.7 million people watching the first episode and nearly 40 million people in total watching some part of it, the Nielsen ratings company said.

Should celebs pay more in taxes?

Ad campaign urges support for millionaire's tax, which would raise taxes on the wealthiest Californians

Kim Kardashian, can't you pay more? Proponents of a proposed tax increase on millionaires in California are asking that question of the larger-than-life personality, who has parlayed her reality TV celebrity status into fame and fortune.

An online video from the Courage Campaign targets the star of Keeping Up with the Kardashians and Kourtney and Kim Take New York as part of its campaign for a proposed November ballot initiative to raise taxes on the wealthiest Californians.

The video ad flashes images of Kardashian enjoying the good life, proclaiming that "being on TV has changed my life, because you get lots of free stuff."

It says Kardashian made $12 million US in 2010 but paid just one percentage point more in California income taxes than someone making $47,000 US — hard 10.3 per cent versus 9.3 per cent.

The video ad, which is posted at Taxkimk.com, urges Kardashian to support the proposal for a tax increase. "Not everyone was born a Kardashian, but we all need to pay our fair share," it says.

A spokeswoman for Kardashian, Pearl Servat, did not respond to a request for comment Tuesday from The Associated Press.

The Courage Campaign and the California Federation of Teachers are among the groups backing a so-called millionaire's tax that would raise income tax rates by three per cent to five per cent for individuals who make more than $1 million US a year.

Proponents say the tax would raise about $6 billion US to help fund public schools and local services that have been hit hard during the recession, such as social services, programs for the elderly and public safety.

Tax revenue to the state has dropped $17 billion US since the recession began during the 2007-08 fiscal year, requiring billions of dollars a year in budget cuts.

The millionaire's tax is one of several ballot proposals circulating in California seeking to increase income taxes on the wealthy as a way to help close the state's annual budget deficit.

In 2010, about 41,000 Californians reported adjusted gross income above $1 million US, paying about $13.1 billion US in taxes to the state, according to the Franchise Tax Board.

THE ASSOCIATED PRESS

CHARLES SYKES/THE ASSOCIATED PRESS

▶ The Courage Campaign targets Kim Kardashian as part of its campaign for a proposed November ballot initiative to raise taxes on the wealthy.

Celebrity tweets

@Joan_Rivers

This is the only time of year when I'm jealous of atheists. They don't waste their time taking down all the Christmas decorations.

@bobsaget

Today is the first day of the rest of your life. And if that doesn't work out for you, Tomorrow is the first day of the rest of your life...

@mradamscott

The Girl With The Dragon Tattoo is super funny.

@AmandaBynes

Not tweeting is the new tweeting.

Timberlake engaged?

Singer proposes to Jessica Biel on top of mountain, according to sources

After quietly getting back together in 2011, Justin Timberlake and Jessica Biel have reportedly gotten engaged just as quietly.

Sources tells Us Weekly that Timberlake popped the question on top of a mountain in Jackson, Wyoming, during a snowboarding vacation.

"Justin knows how much she loves snowboarding and the mountains, so it was the perfect place," the source says.

"He knew it was the right time to propose." The pair broke up briefly last year, and "when they reunited, they had a conversation about taking the next step," the source says. METRO

▶ Jessica Biel and Justin Timberlake

Running back to The Running Man?

After reconnecting with estranged husband Arnold Schwarzenegger over the holidays, Maria Shriver is reportedly reconsidering her planned divorce from the former California governor, according to OK! Magazine.

"She's definitely having second thoughts about going ahead with the divorce," says a source close to the family, who adds that Shriver's friends aren't too pleased with the latest development: "All her friends are up in arms that she's considering a reunion," the source says.

"She's close friends with Oprah (Winfrey), who would never encourage her to go back to a man who fathered a child with the housekeeper." METRO

Maria Shriver

Mendes hangs with Gosling's mom

If there were any doubts that Ryan Gosling and Eva Mendes were getting serious, their recent behaviour should put them to rest.

While visiting New York, Gosling reportedly took Mendes to the movies along with his mother, according to People magazine.

"They all hung out and went to the movies together," a source says.

"Ryan and Eva seemed very happy."

And they seemed even happier before arriving in New York, while still at the airport in Los Angeles.

"They kept kissing and hugging while they waited to board their flight," says a source.

"Eva looked gorgeous and kept smiling." METRO

▶ Ryan Gosling

Cannon suffers kidney failure

Nick Cannon was hospitalized this week in Colorado for kidney failure, wife Mariah Carey revealed on Twitter. "Please pray for Nick as he's fighting to recover from a mild kidney failure," Carey wrote in a post accompanied by a photo of the pair in a hospital bed. The singer noted that a visit to the hospital seems to be an annual tradition for the couple: "Last year it was me attached to the machines," she wrote, referring to the birth of their twins, "and Nick was there with me through it." METRO

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SHOPPERS DRUG MART

Dewey in the dark winter

It's January and it's cold and dry Yes this is obvious, but the fixes for your chapped skin may not be Try these tips from dermatologists to save your skin from the rough season ahead

ISTOCK

Use a conditioner in your hair more frequently during the winter.

Showers

Don't take extra hot showers. As much as you want the comfort of that heat when it's chilly, there's less moisture in the air during winter and hot showers can further dehydrate your skin, says Dr. Neil Sadick, clinical professor of dermatology at Weill Cornell Medical College in New York.

"Make showers as tepid as you can tolerate," he says. If you can't stand the chill, find a space heater safe for bathroom use.

Moisturizing is so important this time of year because it protects the outer layer from winter's wrath while retaining natural moisture from within.

Hair and nails

Don't ignore hair and nails. They're made of the same compounds as skin and crack in similar fashion, says Dr. Alicia Zalka, a dermatology professor at Yale. "I don't think people realize that when nails split it's 90 per cent from lack of proper moisture." B vitamin supplements can improve skin, hair and nails during winter.

"They're better for the skin when ingested, rather than when you put them on the skin topically," Zalka says.

"If you've got the driest of dry skin, the best defence for that is a couple of days of plain old Vaseline."
DR. ALICIA ZALKA, ASSOCIATE CLINICAL PROFESSOR OF DERMATOLOGY AT YALE

Stay away from products that contain detergents because they can remove protective, essential oils.

"Humidify the air in your home, especially in your bedroom so that healing and repair can take place while you sleep."
DR. DAVID ORENTREICH
CLINIQUE DERMATOLOGIST

Don't assume that drinking water or replacing fluids internally is enough to keep your skin healthy during cold weather.

Sunblock

Don't forget sunblock. It's just as important during winter as it is in summer, experts say, especially during winter sports like skiing at high altitude.

"In the winter it feels cold because very little infrared light reaches the earth," Dr. David Orentreich says. "The opposite is true in the summer. However, in the winter ultraviolet light is 90 per cent as strong as it is in the summer but since we can't feel or see it we mistakenly think it's absent, too."

Application of a broad-band screen once a day should suffice, Sadick says. THE ASSOCIATED PRESS

3 life

Style pick

Get the boot

A nearly century-old hunting boot is catching on with a younger generation that sees the utilitarian footwear as hip.L.L Bean's familiar duck boot with leather uppers and rubber soles has become something of a fashion statement owing to its newfound popularity on college campuses, the company says.
THE ASSOCIATED PRESS

Red carpet starlets ready to give the time to do 1950s style up right

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Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Any suggestions for getting back into the WORK mode? Vacation was over too quickly. Now it's time to deal with LIFE.

- **@TheStyleStrut:** Meditate, coffee, exercise - not necessarily in that order!
- **@Jeanne_Beker:** Okay! Think I'll start with coffee....
- **@MeaganArtisan:** Buy a new lipstick, or peice of clothing & get excited to show it off. That always helps me to get on schedule. ;)
- **@Jeanne_Beker:** That sounds like a nice quick fix! (And shopping is always good for the economy too...)
- **@TheImageis:** book another vacation as a goal to work towards ... It's the light at the end of the tunnel - :)
- **@Jeanne_Beker:** Now THAT is a very cool idea

▶ @Jeanne_Beker: Skiing the Sierra Nevada, in Spain!!! (Dec. 30)

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

How to 'make it work' after losing weight

WEIGHT WATCHERS/THE ASSOCIATED PRESS

▶ Tim Gunn, left, helped Weight Watchers contest winner Abby Dale shop for new clothes after losing 92 pounds.

There are people out there who really do stick to their New Year's resolution and take off those last 10 pounds – or more.

But sometimes, says fashion guru Tim Gunn, they don't know how to show it off, or even find clothes that fit.

"Once you've reached your goal, it's time to go shopping or at least alter your old clothing. ... My mantra about 'getting' fashion is silhouette, proportion and fit. When they are in balance, you'll look great in whatever you're wearing," he says.

When women are in a transitional phase, he suggests a wrap-style top or dress, which basically adjusts itself to changes in your body.

He'd also steer people toward V necklines instead of a crewneck or boatneck. V necks lead one's eye up to the wearer's face, he explains, which can make a flattering line.

Pants often can be taken in to accommodate a smaller size because they have mostly straight seams, Gunn explains, but jackets and blazers are trickier for a tailor to fix if shoulder seams start to creep down the arm. Men especially have an issue with collars.

The least flattering look? Clothes that are baggy, says Gunn, the Project Runway mentor and soon-to-be host of the daytime talk show The Revolution.

The more fabric there is, the more of you there is to look at." THE ASSOCIATED PRESS

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Stand firm when it comes to cellulite

THE KIT

SCOPE BEAUTY

▶ Smooth as a baby's bottom? It's not the reality for most women.

By Deborah Fulsang

"Eighty-five per cent of women have cellulite and the 15 per cent that don't, think they do," says Dr. Shimon Eckhouse, The Kit's expert for face advisor. His company explores light-based technology to target and treat the dreaded orange-peel skin.

No wonder the industry is booming. One new report claimed sales for cellulite products hit the $11.8-million mark last year in the United States. Safe to say the category is healthy here in Canada, too.

But beware, says Dr. Lisa Kellett, a dermatologist in Toronto, there's no magic bullet. "Topicals are not drugs. They're not going to go down to a level that they're going to get rid of cellulite," she says. "They might plump up the skin temporarily, much like if you went home and took a loofah to your skin and scrubbed at it. You could cause swelling in the skin to improve the appearance."

The bottom line on cellulite? "There is no cure." You can, however, make surface improvements. And for many, of course, appearances count.

Tip: Be sure to exfoliate before applying your chosen smoothing cream. A good scrub preps the skin to allow active ingredients to perform at their max.

DROP INTO THEKIT.CA FOR BEAUTY INSIDE AND OUT.

Hot new decor trends

Design expert Karl Lohnes tells us what's new and fresh for 2012

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

Trends change yearly.

Here's four of the most popular home design trends for 2012.

ANTHROPOLOGIE

▶ Curvy-lined furniture helps to round out a room. Amelie sofa in blazing poppies fabric; $3,300, Anthropologie

CURVY FURNITURE

Low, deep and lounge-like was all the rage last year for sofas and chairs.

For those with enough strength (or a crane) to get out of these you can say goodbye and sit on something more comfortable.

Traditional style is making a return and curvy-lined furniture is feeling most welcome after two decades of square-edged, hotel-inspired furnishings. Look for the classic camel-back shaped sofas and organic shaped side tables to round out your rooms.

BENJAMIN MOORE PAINTS

▶ Orange tones will dominate wall colours for 2012. Massada; Benjamin Moore Paints

ORANGE

Last year we said goodbye to the suburban beiges and honey browns and replaced it with cooler tones like sea glass and pale greys. This year it's all about being optimistic; happy colours and every shade of orange is topping the list for paint colours. From pale rust to sherbert tangerine, this citrus colour is topping 2012's list for painted walls.

FOR A COMPLETE LIST OF KARL'S 2012 DECOR TRENDS VISIT METRONEWS.CA

Up-cycling

This year it's about investing in good stuff. Find an antique chair and upholster it with a cashmere/wool blend fabric, have a custom lampshade made or add luxe trims to a set of old velvet drapes. It's the small investments that will offer up classic style.

CB2 STORES

▶ Flower sutra artwork, CB2 stores

LARGE FLORAL PATTERNS

Flowers are back; they are bright and big and look modern. Add a large floral print to just a headboard in the bedroom, the back panel of a chair or Euro-sized pillow shams in the living room for a burst of colour this year. Use large-scale floral patterns to add colour to furnishings and artwork.

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A new meal for a new year

In her cookbook My Father's Daughter, movie star turned domestic goddess Gwyneth Paltrow shares some easy, healthy recipes She shows you how to eat like a Hollywood star, while still enjoying carb-heavy pasta

Sweet potato ravioli

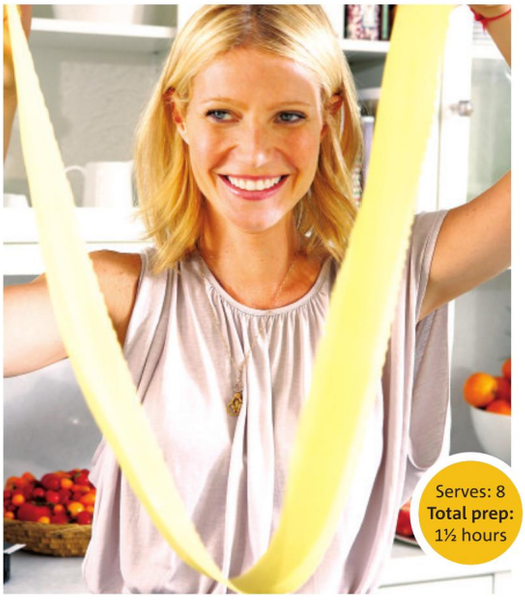
For the pasta:

1. Whisk together whole eggs and yolk in a bowl. Put flour in a big mixing bowl, make a well in the centre and pour the eggs into the well. Slowly bring in flour using a fork and knead by hand until a dough forms. Add more flour if dough is sticky. Leave to rest for at least 10 minutes.
2. Take out your pasta machine. Cut dough into 8 pieces and roughly form into triangles. Dust with flour. Starting on the widest setting, put one piece through the machine. Fold the dough over itself and go through again on the same setting. Repeat this process on each setting, going from widest to thinnest until you are left with a long thin sheet.
3. Repeat the process with all the pieces of dough, setting aside on clean workspace and covering with clingfilm.

For the filling:

1. Steam the sweet potato pieces for 20 minutes or until cooked through. Mash in a bowl and stir in cheeses. Season with salt, pepper and nutmeg. Let the mixture cool before proceeding.
2. Dollop filling along half the pasta sheets, leaving 5 cm between each spoonful. Using a pastry brush, brush egg white along the tops and bottoms of the pasta sheets and between each dollop of filling. Lay the untouched pasta sheets over the filled ones. Using your fingers, seal the edges around each bit of filling. With paring knife, cut ravioli into squares.
3. Using your fingers, pinch each ravioli's edges to be sure that they're sealed.
4. Bring pot of salted water to boil. Cool ravioli for 2 ½ minutes. Spoon butter over ravioli. Sprinkle with sage leaves and add Parmesan to taste.

For more recipes, please visit metronews.ca/food



Ingredients:

For the pasta:
- 2 organic large eggs
- 10 organic large egg yolks
- 225 g unbleached plain flour, plus more for kneading

For the filling:
- 1 sweet potato, peeled and cut into 8 pieces
- 4 tbsp finely grated Parmesan cheese
- 2 tbsp mascarpone
- Coarse salt
- Freshly ground black pepper
- Freshly grated nutmeg
- 1 large white egg, beaten

For finishing:
- 50 g unsalted butter
- 6 fresh sage leaves, sliced
- grated Parmesan cheese

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Still something to play for

Canada tries to shake off disappointment of loss to Russia and focus on beating Finland

NATHAN DENETTE/THE CANADIAN PRESS

▶ Canada goalie Scott Wedgewood practises with his teammates on Wednesday.

The disappointment was still in the eyes of the Canadian players a day after their semifinal loss at the world junior hockey championship.

As they prepared to play Finland for the bronze medal, furrowed brows and grim expressions indicated Tuesday's 6-5 loss to Russia was still on their minds.

But they will have to let it go for Canada to avoid finishing out of the medals at the tournament for the first time in 14 years.

Finland, a dark horse which has improved since the competition got underway, will certainly be motivated to win bronze Thursday after falling 8-1 to Canada in the tournament-opener in Edmonton.

Russia will play for it second straight title in Thursday's gold-medal game against Sweden.

As per his usual practice, Canadian head coach Don Hay wouldn't reveal whether it will be Scott Wedgewood or Mark Visentin in Canada's net Thursday because he tells his starting goalie the night before the game.

While Wedgewood admitted he was sore after Russian defender Alex Khokhlachev crashed into him in the second period Tuesday, he said he would be able to play Thursday.

"You've got to win a game to get a medal now," Wedgewood said Wednesday. "We've got to take pride in that and it still means something to us.

"Ten years from now looking back, you go into that game and don't give it your all and you walk away with nothing ... it's better to have something."

Without the adrenaline that a possible gold medal brings, the Canadians were feeling the slings and arrows of the tournament.

The upper-body injury Scott Harrington suffered in the preliminary round kept him out of Wednesday's practice. Hay didn't sound sure the defenceman would be able to play Thursday.

What's more, Canada will be down to 11 forwards for Thursday's game after faceoff specialist Boone Jenner was suspended for spearing Russian captain Evgeni Kuznetsov in the second period of the semifinal.

"They got a couple of breaks early that helped them get ahead of us and we kind of didn't know how to deal with it."
SCOTT WEDGEWOOD

In sifting through the wreckage of Canada's gold-medal hopes, the host country's meltdown in the second period versus Russia stands out.

A loss of composure left Canada short-staffed and allowed Russia to score their fifth goal on a power play, which came back to haunt Canada in the third period.

It was when the Canadians stayed out of the penalty box in the third and got back on track in terms of their gameplan, that they were able to mount their thrilling comeback that fell just short.

When Brendan Gallagher punched Russian defenceman Mikhail Naumenkov in the face behind the net late in the second period, Russia turned it into a power-play goal to take a 5-1 lead.

Russian defenceman Ildar Isangulov later elbowed Jenner and was given a two-minute minor, which was subsequently turned into a one-game suspension for a hit to the head.

"When players get frustrated they do things they regret," Hay said. "Whether it's misconduct penalties, major penalties or just selfish penalties, you usually regret those type of penalties.

"When you can play with determination, you don't have time to get frustrated. That's what we did in the third. In the second, we played with a little more frustration because it wasn't going our way."

THE CANADIAN PRESS

Elbow to head costs Bourque five games

A "reckless elbow" has landed Calgary Flames forward Rene Bourque in hot water.

NHL disciplinarian Brendan Shanahan suspended Bourque five games Wednesday for his elbow to the head of Washington Capitals forward Nicklas Backstrom.

The incident occurred midway through the third period of Calgary's 3-1 loss on Tuesday night.

Backstrom was cruising through the neutral zone and had just delivered a pass when Bourque blindsided him with an elbow to the jaw.

"This is a hit to the head and a clear violation of Rule 48: Illegal Check to the Head," Shanahan said in a video posted on NHL.com.

Bourque was assessed a minor penalty on the play. Backstrom played two more shifts before leaving the game.

"We believe Bourque's assertion that this was an instinctive reflex rather than a premeditated attempt to injure," Shanahan said. "However, as all of the parties in the hearing agree, this reckless elbow to the head is indefensible."

Shanahan added the fact that Bourque was suspended for two games just 16 days earlier for a hit from behind on Chicago Blackhawks defenceman Brent Seabrook played a part in the length of the ban.

Backstrom's inability to continue also played a role, he added.

Bourque, who will be eligible to return Jan. 17 at San Jose, is classified as a repeat offender under the league's CBA and will forfeit $203,252.05 US in salary.

The money goes to the Players' Emergency Assistance Fund.

THE CANADIAN PRESS

4 sports

Flames preview

Calgary at Boston
5 p.m.
TV: SNET

The Flames (18-18-5) continue their road trip in Boston (25-10-1). The Bruins beat New Jersey 6-1 on Wednesday and will try to return to their winning ways after seeing their seven-game winning streak come to an end in a 4-2 loss to Dallas on Saturday. The loss marked the first time this season Tim Thomas allowed more than three goals in a game. Brad Marchand has nine points in his last six games. David Krejci is on a six-game point streak.

THE CANADIAN PRESS

Scan code for more sports.

World Juniors. Fifth Place

▶ Radek Faksa celebrates his goal against Slovakia with his Czech teammates at the Scotiabank Saddledome on Wednesday night.

THE CANADIAN PRESS

Czech Republic rolls through Slovakia

Petr Mrazek made 29 saves as the Czech Republic beat Slovakia 5-2 in the fifth-place game at the world junior hockey championship Wednesday. Petr Holik, Tomas Filippi, Dominik Uher, Vojtech Mozik and Radek Faksa each scored for the Czechs, who bowed out of medal contention in the quarter-finals against Russia. Matus Chovan and Milos Bubela scored for Slovakia, which settled for sixth after losing to Finland in the quarters.

Flames supporting cast not getting it done

THE HOCKEY NEWS

BRIAN COSTELLO
CALGARY@METRONEWS.CA

While surging towards a playoff spot last season, the Calgary Flames were the highest scoring team in the NHL during the second half.

And it wasn't just Jarome Iginla doing the scoring, although he led the way with 43 tallies. It was that secondary wave of offence that made the difference. This season, it's that supplemental attack that is blowing nothing but tumbleweeds, especially in the latter stages of this crucial seven-game road trip that wraps up Thursday.

Lee Stempniak is goalless in 13 games and has just three road goals all season. Roman Horak hasn't scored in 28 games and has yet to score on the road. Blake Comeau has been blanked in six straight and has none in 14 road games. Mikael Backlund has two goals in 17 road games, Brendan Morrison two in 14 and Matt Stajan one in 14.

No wonder Calgary ranks 25th in goals per game. If Iginla, Curtis Glencross, Rene Bourque and Olli Jokinen aren't scoring, no one is.

The Flames posted three impressive victories before the Christmas break and another in the first game back. They were inspired mostly by solid goaltending, but also by a high level of energy.

In the four consecutive losses since, the energy level dropped and all the good that had accumulated came undone.

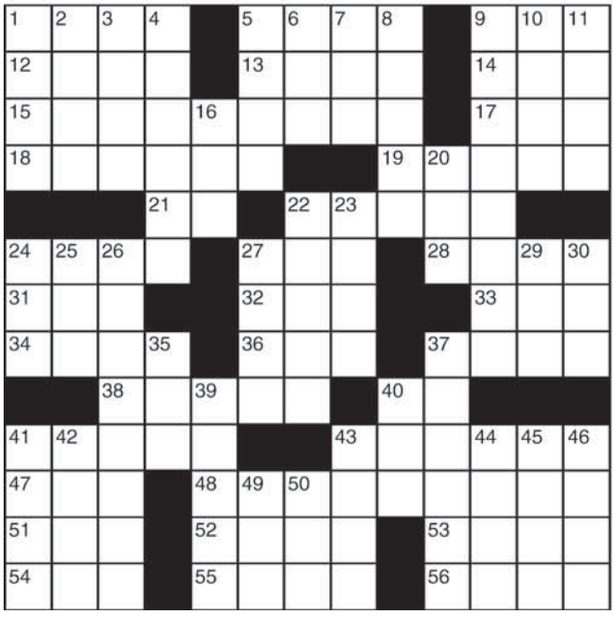
Yes, they were road games and yes, injuries to important Flames players are playing a role. But unless a team can score and play .500 hockey on the road, it won't make the playoffs. Fortunately, the Flames have played more road games than any team in the league so more home games down the stretch should bode well for playoff aspirations.

But for that to happen, the scoring must diversify. Proven scorers like Stempniak and Comeau — and even stone cold blue-liners like Jay Bouwmeester and Anton Babchuk — have to find a way to step it up. It might mean mixing up the lines again or crashing the crease or shooting more often or borrowing Glencross's flat-curved stick or inserting the likes of Greg Nemisz and Raitis Ivanans into the lineup.

But most of all it's about energy and effort. The Flames have looked completely gassed most of the past 12 periods of hockey. Calgary is in better shape than it was 365 days ago, but this team desperately needs another win streak to end this losing skid.

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Crossword



Across

1 Employer
5 Tulip, at first
9 Pair
12 Pulitzer winner James
13 Sandwich treat
14 Disencumber
15 Ornamentations
17 Fuss
18 Soap opera, e.g.
19 Bank job, e.g.
21 Lumberjack's need
22 India's first PM
24 Picnic invaders
27 "30 Rock" star
28 Recognize
31 Round Table address
32 Director Spike —
33 Dead heat
34 Thick chunk
36 Toss in
37 Snitched
38 High heels, often
40 Battery size
41 Void
43 Big step
47 Evening hour, in a way
48 Dulcimer's shape
51 Egos' counterparts
52 Medal earner
53 Unsigned (Abbr.)
54 Ignited
55 Cushiony
56 Singer Mouskouri

Down

1 Crazy
2 Shrek, e.g.
3 Burn some
4 Brownish photo hues
5 Reach 212 degrees F
6 Grecian vessel
7 Journey segment
8 "The Garden of Earthly Delights" painter
9 Decorative quilt design
10 Broad
11 Smell
16 Peace (Lat.)
20 Noah's craft
22 Has to have
23 Watched
24 Ninny
25 Zilch
26 Member of a silent religious order
27 Envelope part
29 OPEC export
30 Tie the knot
35 However
37 Burroughs hero
39 Legends
40 Noshed
41 Satanic
42 Calf-length
43 Name for a Dalmatian
44 New Rochelle school
45 "My Heart Will Go On" singer
46 Writer Ferber
49 — Speedwagon
50 Remark from 43-Down

▶ Yesterday's answer

B	O	L	A	■	N	A	B	■	B	E	T	H
A	K	I	N	■	E	M	U	■	A	R	I	A
B	A	N	K	R	U	P	T	■	Z	U	L	U
E	Y	E	L	E	T	■	C	H	A	P	E	L
■	■	■	E	A	R	■	H	E	A	T	■	■
S	A	D	■	D	A	M	■	W	R	I	S	T
P	R	I	G	■	L	I	S	■	S	O	L	E
A	I	S	L	E	■	A	P	E	■	N	Y	C
■	■	R	A	M	P	■	■	A	S	H	■	■
M	O	U	S	S	E	■	R	A	I	S	E	S
A	L	P	S	■	A	B	R	U	P	T	L	Y
R	I	T	E	■	C	O	O	■	P	A	I	N
T	O	S	S	■	H	O	W	■	O	G	E	E

Sudoku

9					5		6	
			9	1			7	
	3		6					2
	9	5		2				
4			7		6			5
				8		9	3	
7					9		4	
	1			6	7			
	2		8					6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	2	7	3	1	6	4	5	9
6	9	5	7	2	4	8	1	3
4	3	1	9	8	5	2	6	7
2	6	9	5	7	3	1	8	4
5	1	3	4	9	8	6	7	2
7	4	8	2	6	1	9	3	5
9	5	6	1	4	7	3	2	8
3	8	2	6	5	9	7	4	1
1	7	4	8	3	2	5	9	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

I love you Daniel Pikel, thanks for being an amazing man! Peyton & I are very lucky to have you in our lives! cant wait for the rest of our lives together baby! <3 :) **CRYSTAL**

Dear liz, I love you so much, these games you're playing needs to stop! life is too short my darling. you need to start embracing life more and take more chances. if you love me then tell me you fool.....Or you leave me no choice but to go after your sister LOL..... **MARK**

Him, Chillaxin with mah tallboyz! whoo hoo! Wahhhhhhhhh! feels great! you're there am here...was a superb day! See, bouncing back into the saddle. Whatever! Should've turned out da other way. oh well, life goes on! **HER**

A look at the weather

TODAY	TOMORROW	SATURDAY
Min 3°	Min -1°	Min -2°
Max 6°	Max 1°	Max 4°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30 A.M.**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will find yourself caught up in some sort of feud today and being a pugnacious Aries you will probably quite enjoy it.

♉ Taurus April 21-May 21 The best kind of work is teamwork, so join forces with like-minded people.

♊ Gemini May 22-June 21 You have taken on too many duties and responsibilities of late, both at home and at work, and need to cut back if you are to avoid exhausting yourself.

♋ Cancer June 22-July 22 You need a deeper, more serious relationship.

♌ Leo July 23-Aug.23 Try to remember that it's not all about money and status. Love counts too.

♍ Virgo Aug. 24- Sept. 22 This is one of those times when you must take risks and push boundaries. If you don't you may look back one day and regret it.

♎ Libra Sept. 23-Oct. 23 Like most Libras you rarely get angry, but you will surprise a few people today.

♏ Scorpio Oct. 24-Nov. 22 Start early, finish late and focus only on tasks that take you closer to your long-term goals.

♐ Sagittarius Nov. 23-Dec. 21 Remember that co-operation always makes things easier.

♑ Capricorn Dec. 22-Jan. 20 Life is always a gamble, that's one of the things that makes it so interesting.

♒ Aquarius Jan. 21-Feb. 18 You seem to believe that someone in a position of authority is plotting against you.

♓ Pisces Feb. 19-March 20. Mars in your opposite sign is bringing a number of challenges, not least in the guise of people who oppose your ideas and beliefs. But what of it? If your beliefs are correct you have nothing to worry about.

SALLY BROMPTON

Caption contest

DAVE CHIDLEY/THE CANADIAN PRESS

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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